

# THE \_\_\_\_\_ FAMILY CODE OF CONDUCT

**A family code of conduct is a set of guidelines that reflect the values and expectations of your family.**

A pre-determined set of values around bodies and boundaries can go a long way toward protecting your kids from sexual abuse. It can help kids understand what acceptable and unacceptable behavior is, help them make informed decisions, and ultimately avoid dangerous situations. It also helps determine your family culture; you can create whatever kind of culture you want in your family by modeling your ideal values and behaviors such as kindness, honesty and even safety.

This should be a living, breathing document; you'll need to adjust some boundaries or add new guidelines as your family grows. This can also be a team project- ask your kids what they think should be included. Don't be afraid to get specific, either.

## **STEP 1. Define your family values and the behaviors that can help you live into them.**

<b>VALUE</b>	<b>BEHAVIOR</b>
i.e. Honesty	i.e. Telling the truth, Not keeping secrets

## **STEP 2. Determine your family boundaries and expectations for conduct.**

### **> How do you treat others?**

i.e. How do you show respect? How do you share? How do you honor boundaries? What are the rules around keeping secrets?

### **> Play Dates & Hangouts**

i.e. Who will be at the house/mall/pool/etc. with the kids? Will there be older siblings? How will the kids be supervised? How well do you know the family? These questions can also be applied to online activities such as games and video chats – where are they going, who will be there, what will they be doing?

### **> Photos**

i.e. Is anyone allowed to take or post photos of your children? Where are they allowed to be posted?

### **> Sleepovers**

i.e. Will you allow your child to participate in sleepovers? What are the sleeping arrangements? These guidelines may overlap with play dates and hangouts guidelines.

### **> Babysitters**

i.e. How do you choose who babysits? What are the rules for babysitters? What are the rules for evening sitting vs. daytime sitting?

### **> Internet & Social Media Safety**

i.e. At what age will they get a cell phone or social media? How will you monitor use? Where will devices live at night? Discuss what information should never be given out online

### **> Lessons and Camps**

i.e. What are the safety policies? What does supervision look like? These guidelines will overlap with your youth serving organization guidelines.



**Use this space to define any other rules relevant to your family**